Are there recommendation for pregnant healthcare workers? Should I avoid caring for the patients that may be infected with COVID-19?

Currently, the CDC reports that there is no scientific data that shows an increase risk to pregnant women specific to COVID-19. The CDC states: Pregnant women experience immunologic and physiologic changes which might make them more susceptible to viral respiratory infections, including COVID-19. Pregnant women also might be at risk for severe illness, morbidity, or mortality compared to the general population as observed in cases of other related coronavirus infections] and other viral respiratory infections, such as influenza. Pregnant women should engage in usual preventative actions to avoid infection like washing hands often and avoiding people who are sick.

Per the CDC’s recommendations, “Pregnant healthcare personnel (HCP) should follow risk assessment and infection control guidelines for HCP exposed to patients with suspected or confirmed COVID-19. Adherence to recommended infection prevention and control practices is an important part of protecting all HCP in healthcare settings. Information on COVID-19 in pregnancy is very limited; facilities may want to consider limiting exposure of pregnant HCP to patients with confirmed or suspected COVID-19, especially during higher risk procedures (e.g., aerosol-generating procedures) if feasible based on staffing availability.”

- Click here to learn more on the CDC website